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D-man, deaf super-hero fights
for good nutrition

Comic Book

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Deaf SUPER-HERO
fights for
good nutritior

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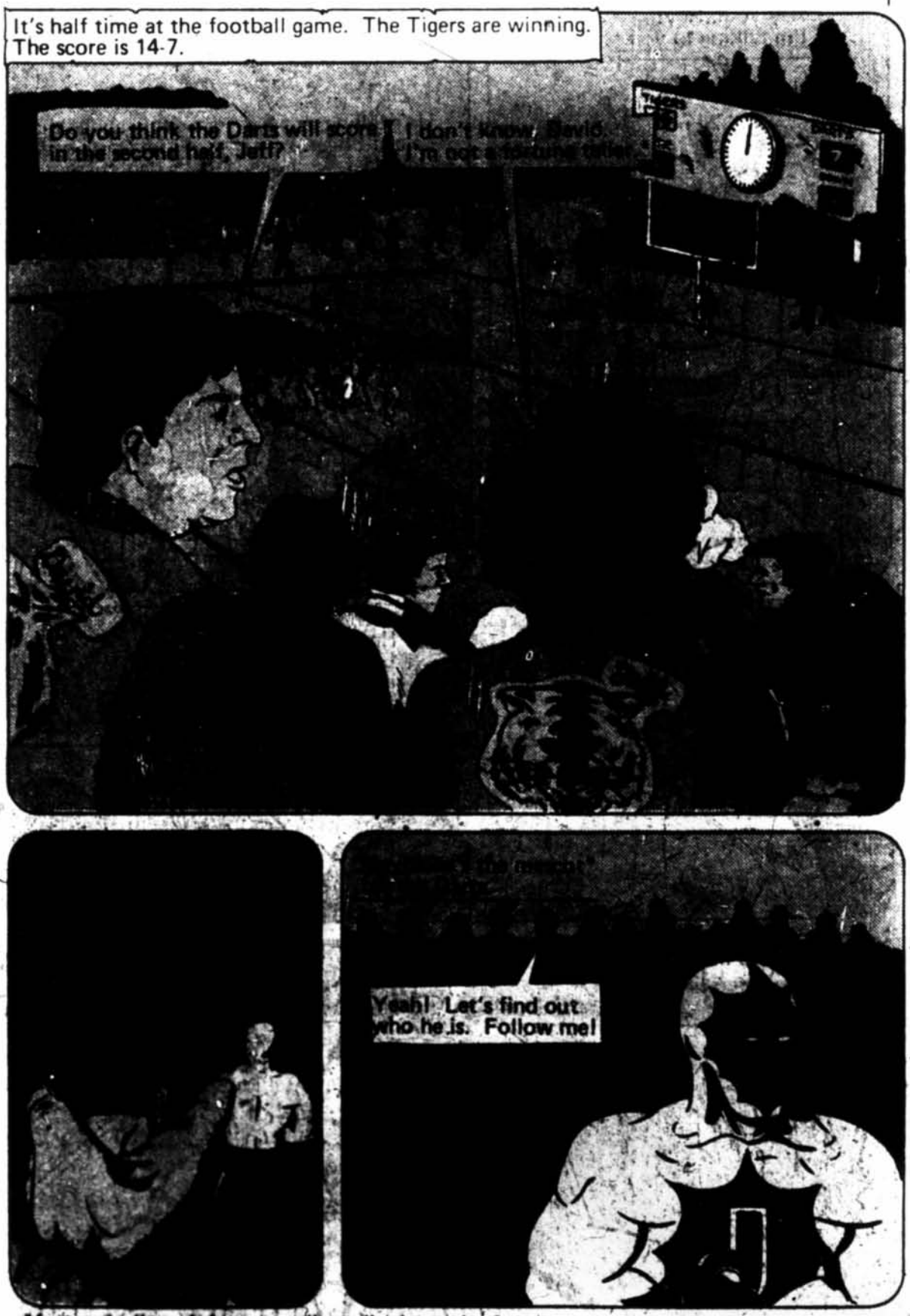


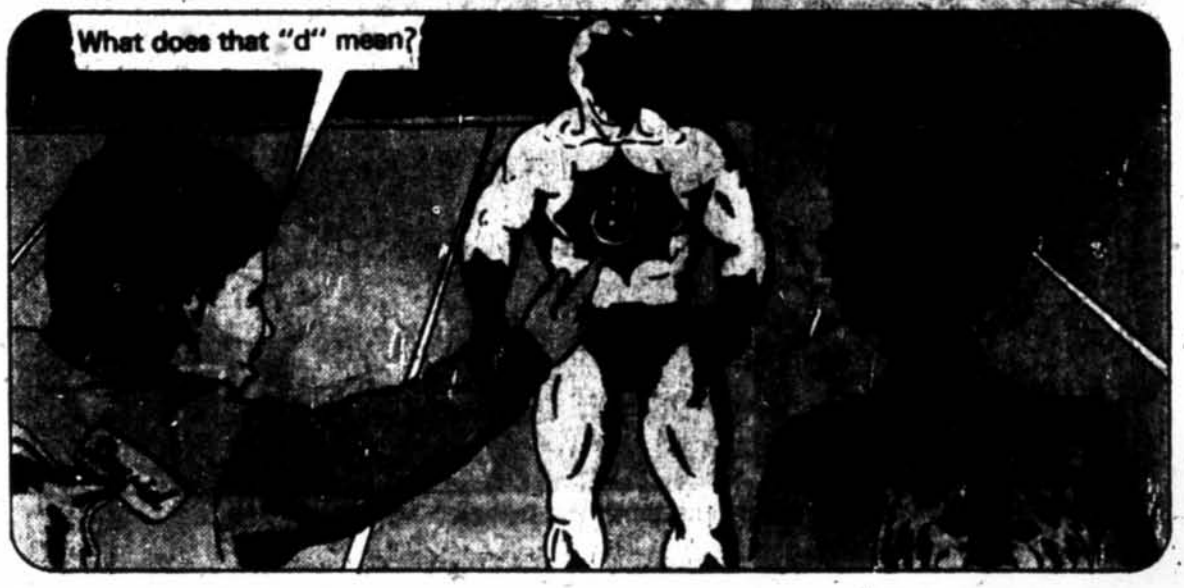
*fortune teller - A fortune teller tells about the future.

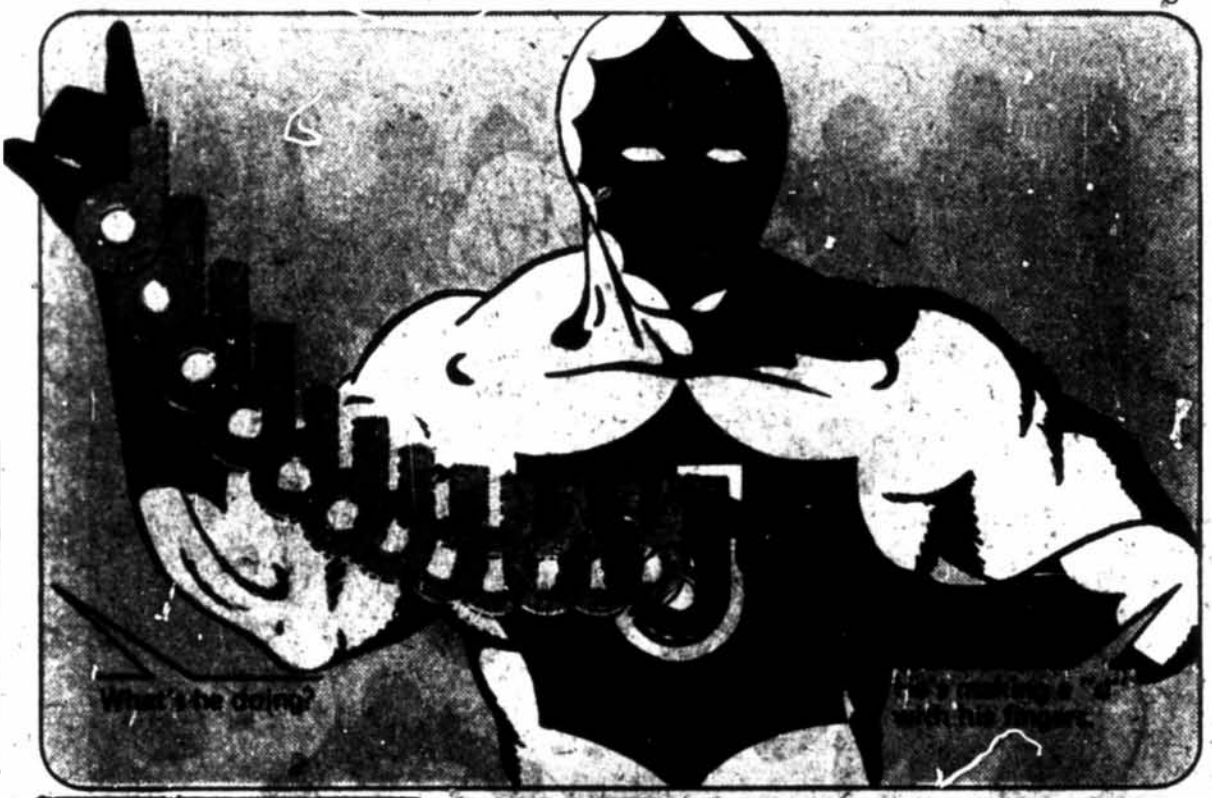
*mascot - A mascot brings good luck.

Hey you...Hey!
I'm talking to you.

Jeff touches the stranger on the shoulder.
The stranger turns around.
He's telling us he can't hear.
He's deaf.
How about that?
The Darts have a deaf member.

Maybe he isn't a Dart.
He must be.
Look at his costume.
Halloween was a week ago.


What does that "d" mean?



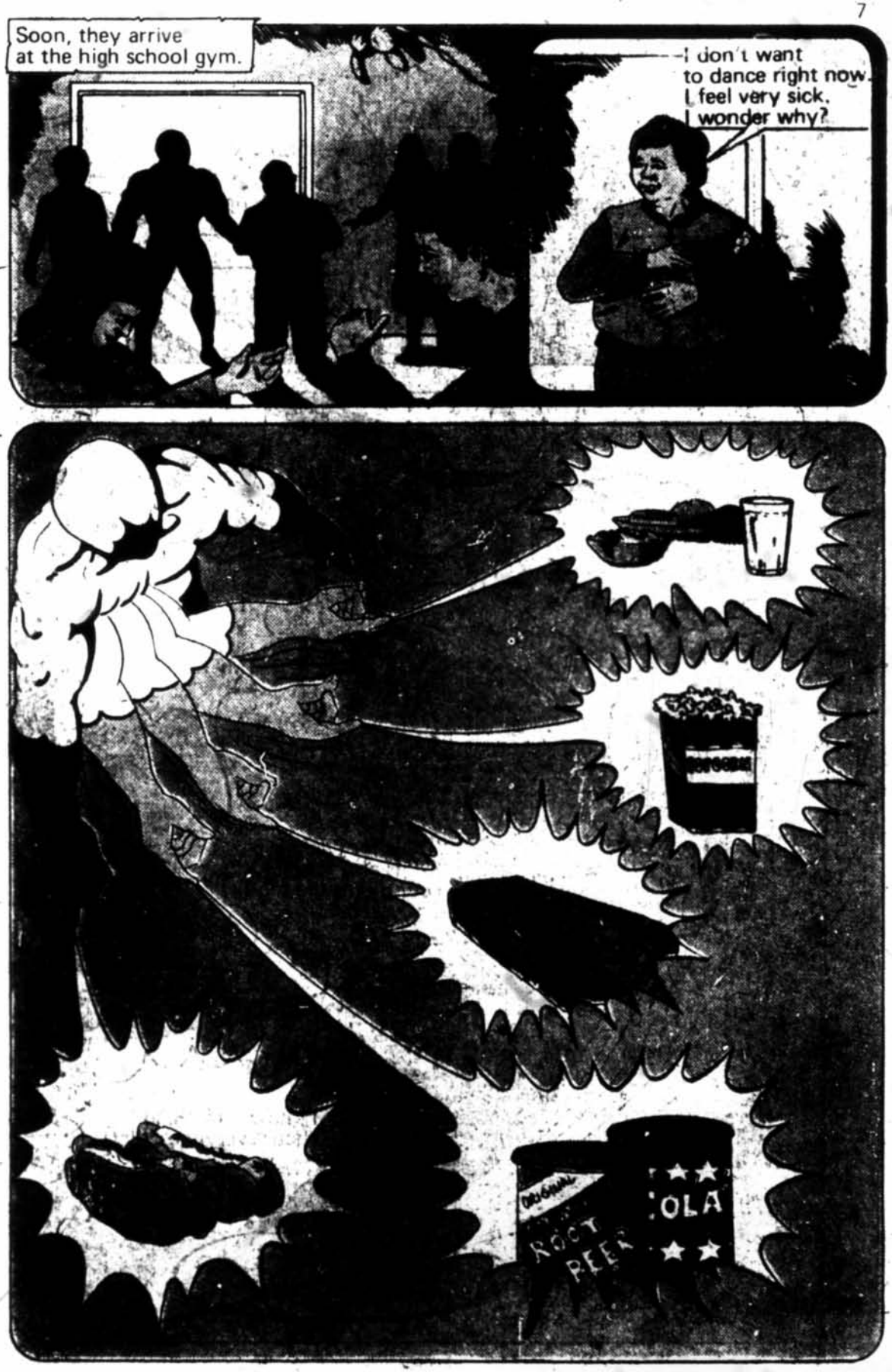
Suddenly words come out of the stranger's fingers.

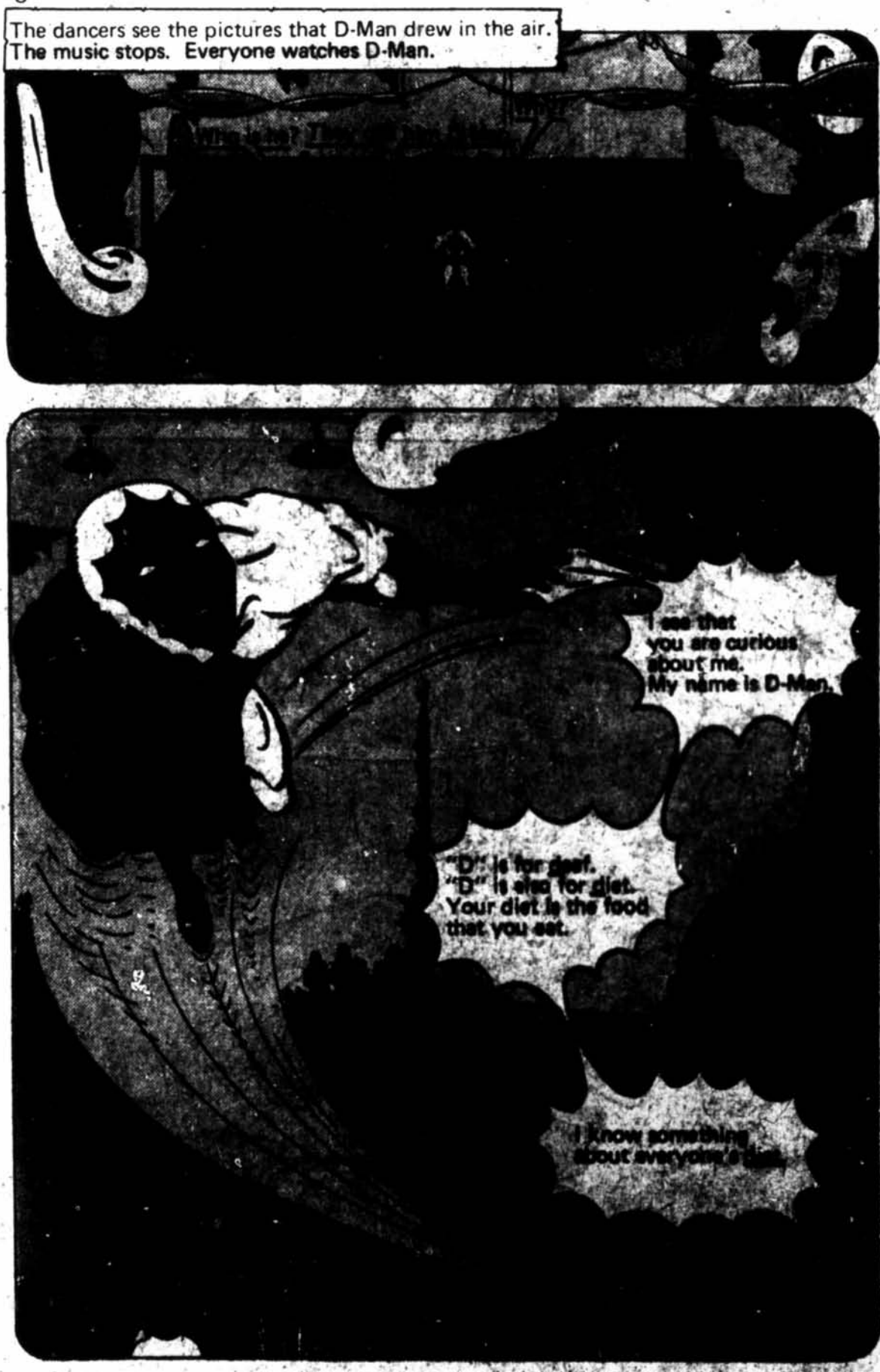
My name is D-Man.

*Writing in the air is called fingerspelling. Drawing in the air is called signing.

The second half of the game begins. D-Man and his new friends watch.
We beat the Darts!
The Tigers won!
Yea!
Yea!
Dance?

They go to the dance in David's car.

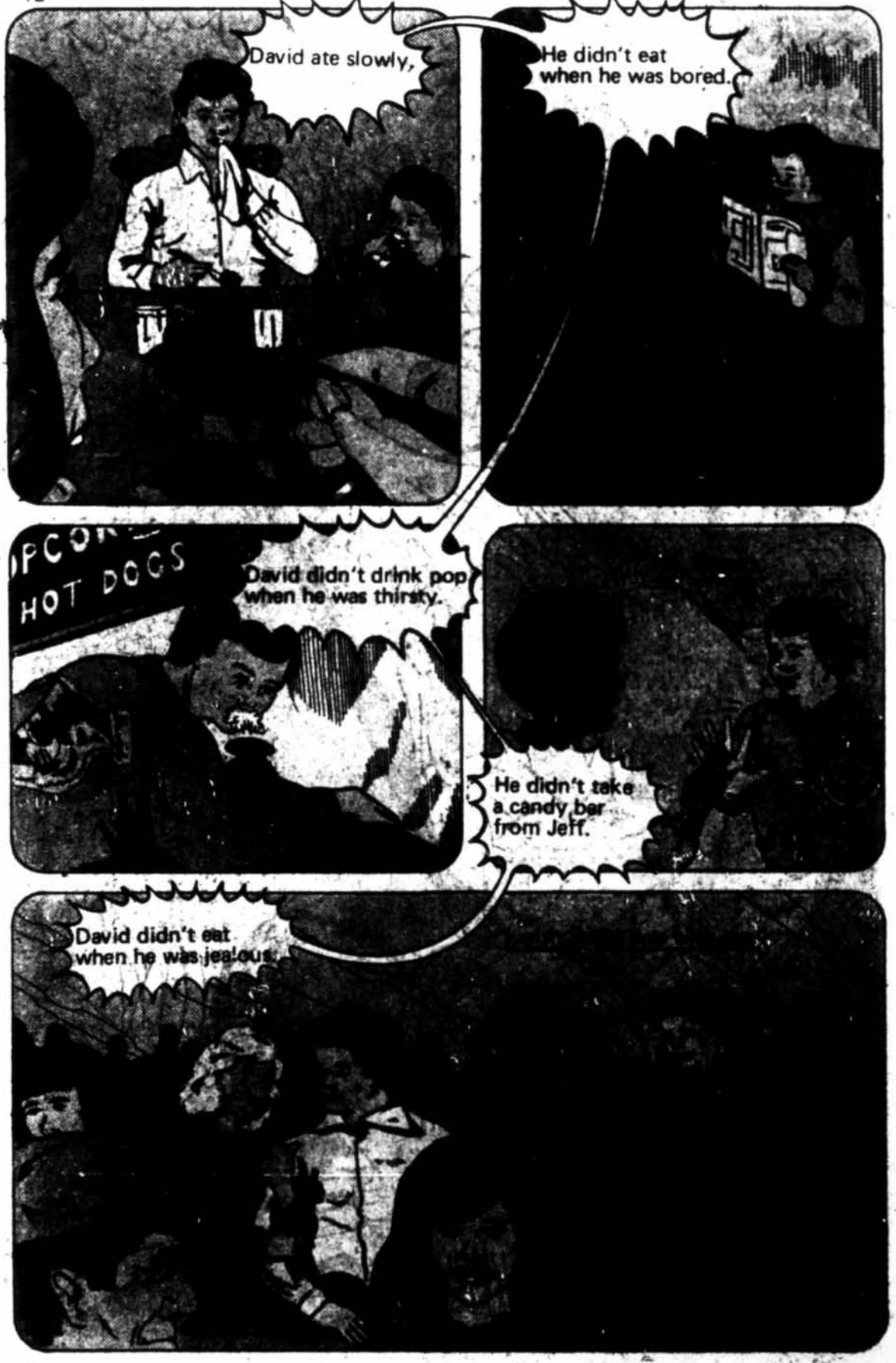

Soon, they arrive at the high school gym.
I don't want to dance right now. I feel very sick. I wonder why?
ROOT BEER
OLA

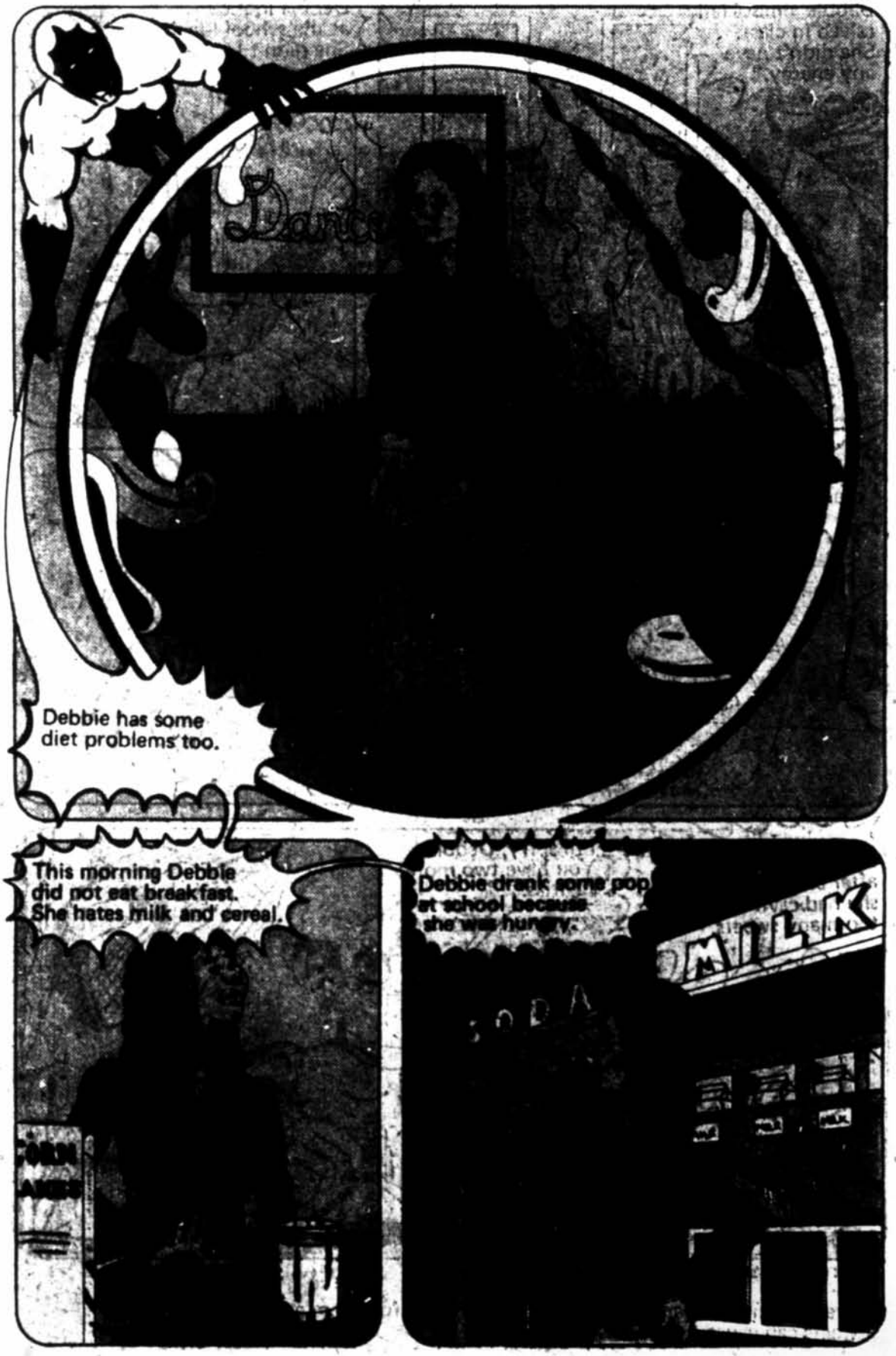

The dancers see the pictures that D-Man drew in the air. The music stops. Everyone watches D-Man.
I see that you are curious about me. My name is D-Man.
"D" is for deaf. "D" is also for diet. Your diet is the food that you eat.
I know something about everyone's diet.

David feels sick tonight.
Let me show you why.
He ate dinner too fast.
He was in a hurry
to go to the football game.
David went to the game early.
He ate popcorn because he was bored.

The popcorn made David thirsty. He drank two cans of pop.
Jeff gave David a candy bar. David ate it because he didn't want to hurt Jeff's feelings.
David likes Susan very much. He saw Susan sitting with Bill. David ate two hot dogs because he was jealous.

I can help David.
I can change
his diet story.


David ate slowly,
He didn't eat when he was bored.
HOT DOGS
David didn't drink pop when he was thirsty.
He didn't take a candy bar from Jeff.
David didn't eat when he was jealous.


Debbie has some diet problems too.
This morning Debbie did not eat breakfast. She hates milk and cereal.
Debbie drank some pop at school because she was hungry.
MILK
SODA

*energy - Energy is the strength to do work.

*sweets - Candy, sugar, jam, jelly and some other foods are called sweets. Sweets can cause cavities.

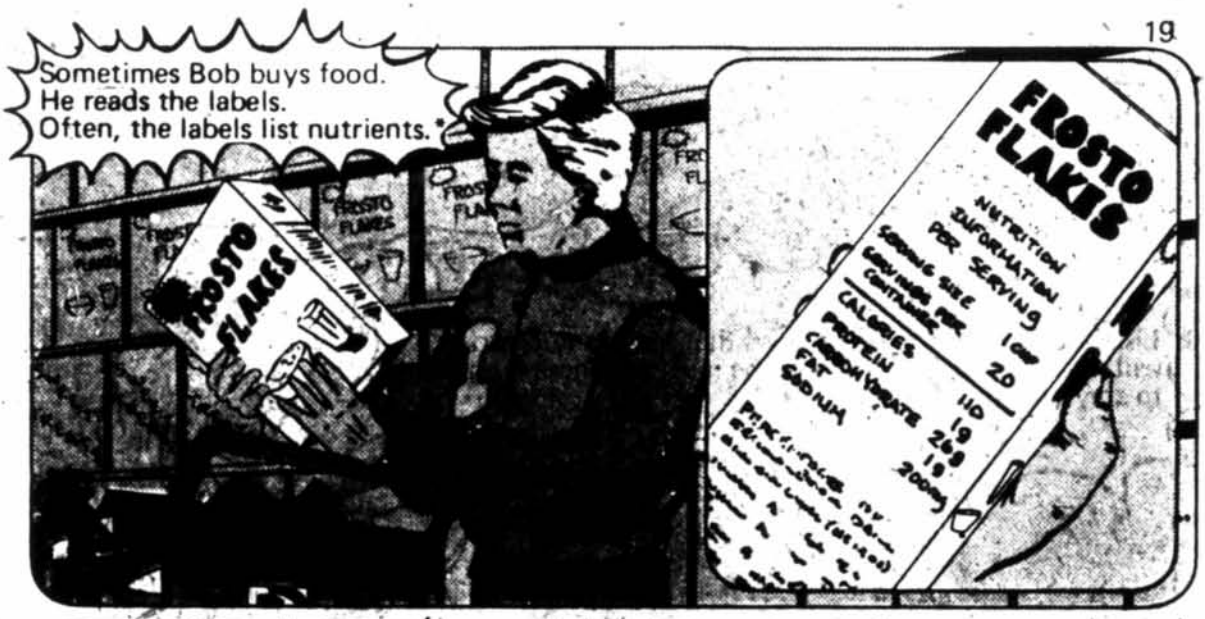
Here is the new Debbie.
She has some new diet habits.
She looks and feels much better.

*nutritious - Nutritious foods are good for your body. They help you grow and make you healthy.

*Daily Food Guide - The Guide divides foods into five groups. The groups are Fruit-Vegetable, Bread-Cereal, Milk-Cheese, Meat-Poultry-Fish-Beans-Nuts, and Fats-Sweets (see back page).

*nutrition - Nutrition is how your body uses food. Good food gives you energy and helps you grow.

Bob pays attention in health class. He wants to be healthy and strong.
Bob helps his parents decide what food to buy.
Milk
Eggs
Bread (whole wheat)
~~Cup Cakes~~
Fruit Juice
Green
BE



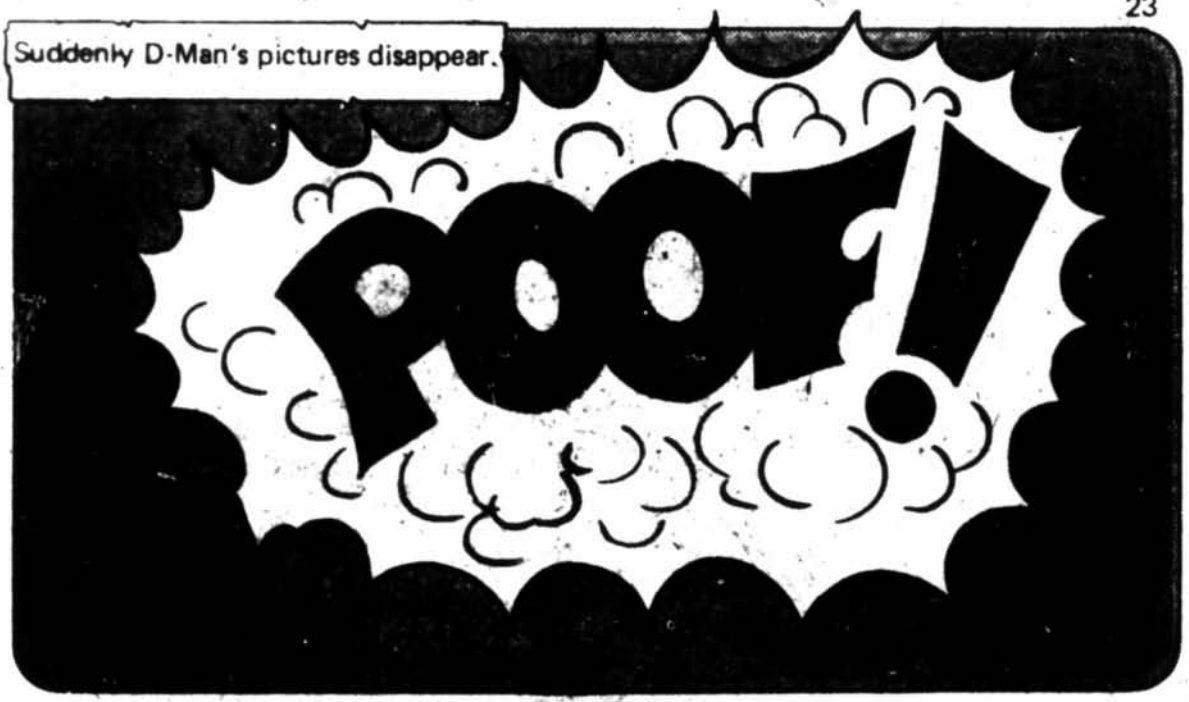
*nutrients - There are six nutrients in foods. The nutrients are carbohydrates, protein, fat, vitamins, minerals, and water. Nutrients help your body stay healthy.

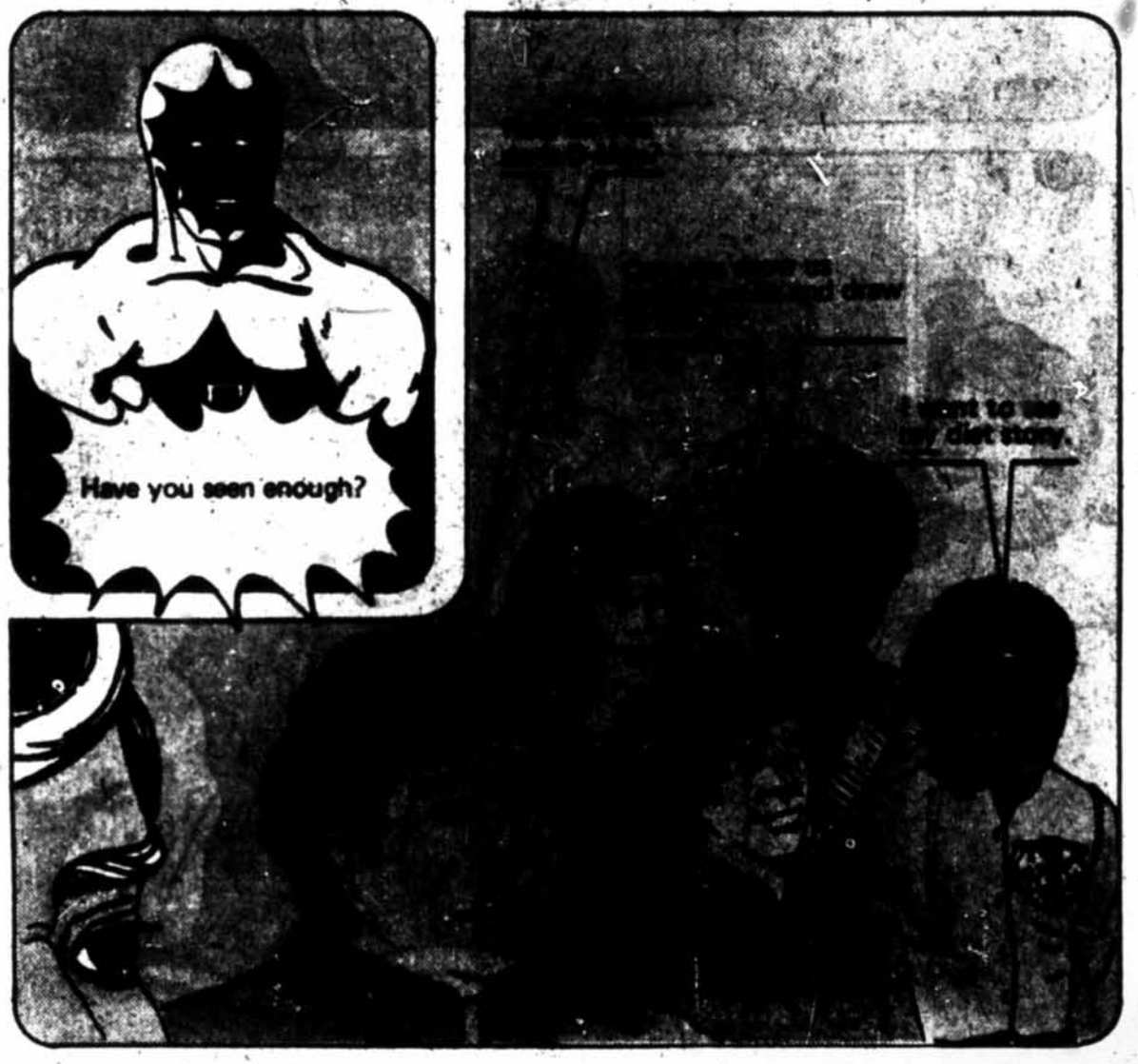
*calories : Calories are a measure of energy. Your body uses some energy. Energy your body does not use changes to fat.

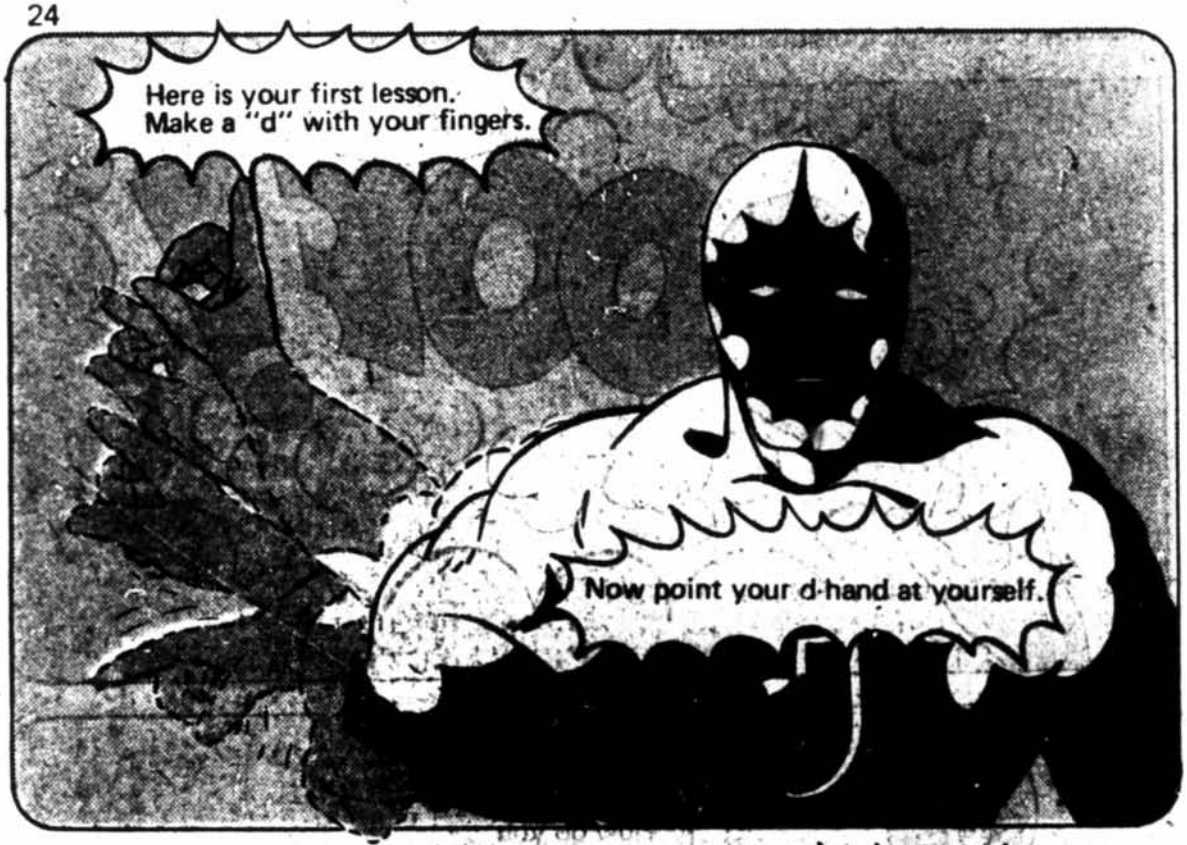
Lisa chooses food carefully.
She eats food that has many nutrients.
She doesn't eat food that has too many calories.
Pies, cakes, and fancy desserts have many calories. They have fewer nutrients.
Fresh fruit and pudding have fewer calories. They have many nutrients.

Lisa plans her meals carefully.
PARTY MENU
PIZZA
APPLE CIDER
FRESH VEGETA
with Cottage Cheese Dip

Lisa is responsible for her diet. She also knows that her younger sister may copy her diet habits.
Mmm! I love broccoli.


Suddenly D-Man's pictures disappear.
POOF!


Have you seen enough?


Here is your first lesson. Make a "d" with your fingers.
Now point your d-hand at yourself.

You can write your own diet story. You must begin with your own body. You are responsible for your diet.

A
B
C
D
E
F
G
H
I
J
K
L
M
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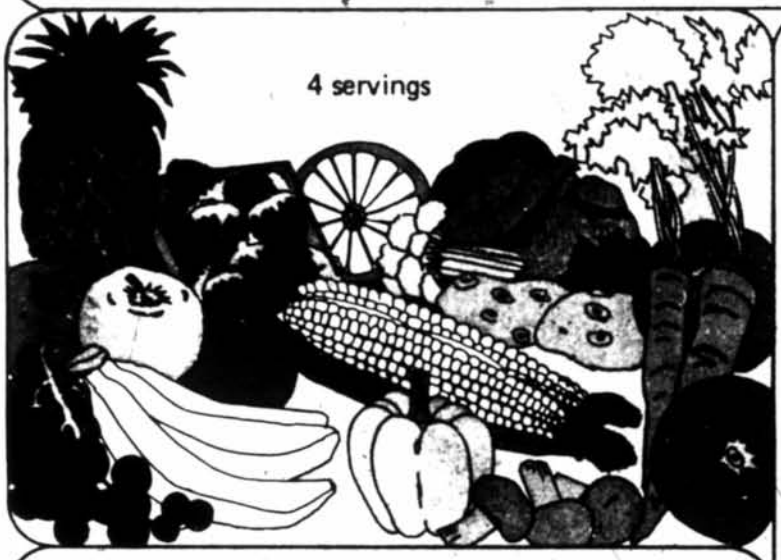
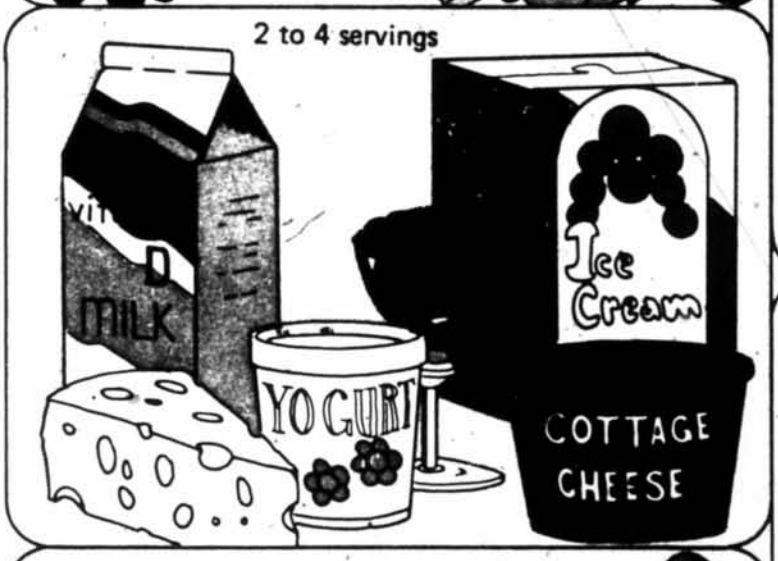
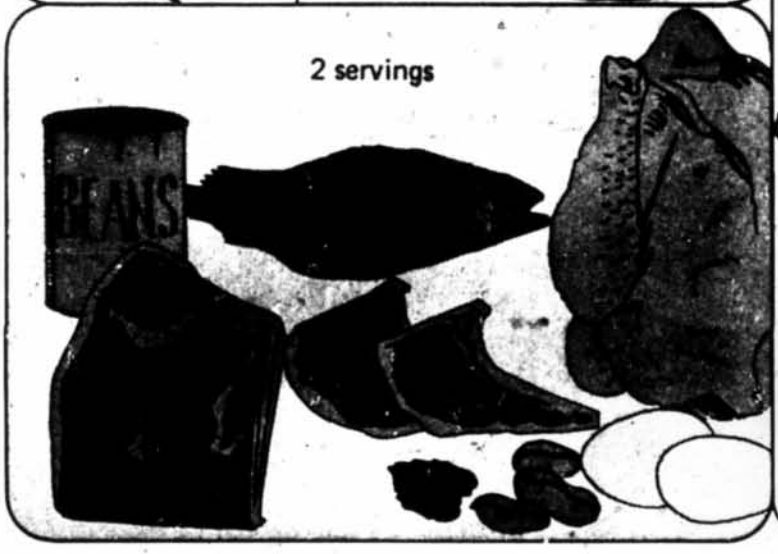
O
P
Q
R
S
T
U
V
W
X
Y
Z
...and so are YOU.
THE END

DAILY FOOD GUIDE